

Ylang Ylang Essential Oil

DESCRIPTION: A rich and inspiring floral aroma derived from the flowers of the tropical Canaga tree. Diffuse it to brighten and encourage feelings of romance.

TOP AROMATHERAPY BENEFITS: inspire • brighten • romance

AROMA: Floral & Rich

BLENDS WITH: Bergamot, Grapefruit, Lemon

INGREDIENTS: Canaga odorata (ylang ylang) flower oil

COLLECTION METHOD: Steam Distilled

CAUTION: Discontinue use if skin sensitivity occurs. Keep out of reach of children. Not for internal use. Avoid use if pregnant or breastfeeding. If under a doctor's care, consult physician. Avoid contact with eyes and mucous membranes. Not intended for use on children.



TOP TIPS:

Diffuser

Add 1 drop oil per 20 ml of water and diffuse for a romantic and inspiring aromatherapy experience.

Clear the Air

Diffuse to encourage deep breathing when feeling congested.

Air Freshener

Add a few drops to a spray bottle, shake well and use as a air freshener.

Natural Pick-Me-Up

Diffuse or dilute and use topically when experiencing mental fatigue or needing a boost.

Linen Mist

Add a few drops to a spray bottle, shake well and use as a linen mist.

Energy Boost

Add 1-2 drops of ylang ylang and a citrus oil to carrier oil and apply to pulse points for an energy boost.

Enhance Meditation

Use during yoga or meditation to help put you in a peaceful place.

Massage

Combine with carrier oil and use for a romantic or uplifting massage.

Use Before Bed

Dilute and apply to feet to promote calm feelings.

Add to Bath

Add a few drops to a warm bath for a stress-relieving soak.

Moisturizer

Use with a carrier oil as a natural skin moisturizer.

Aphrodisiac

Add to a carrier oil and apply to pulse points for a natural aphrodisiac.

Encourage Relaxation

Dilute and apply to pulse points to encourage relaxation when experiencing PMS symptoms, head tension and stress.

DIY AROMATHERAPY BLENDS:

Aphrodisiac: Ylang Ylang + Ginger

Brighten: Ylang Ylang + Lemon

Confidence: Ylang Ylang + Bergamot + Orange

Fatigue: Ylang Ylang + Basil + Grapefruit

Floral Fresh: Ylang Ylang + Lavender + Tea Tree

Honeymoon: Ylang Ylang + Clary Sage + Patchouli

Inspiration: Ylang Ylang + Bergamot + Rosemary

Soothing Escape: Ylang Ylang + Ginger + Orange

Spicy Romance: Ylang Ylang + Cinnamon

Tension Relief: Ylang Ylang + Peppermint